

**DAIRY FREE YOGURT SNACK WITH BLUEBERRY**

DF Yogurt and fresh fruit for a light snack that fill you up

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 125 grams of alpro plain Soy Yogurt - Dairy free
- 5 grams of seeds, chia, dried
- 100 grams of blueberry, raw or 100 grams of mango, raw

**COOKING METHOD**

1° Place yogurt in a bowl, Sprinkle chia seeds on top Place the fruits

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (230 g)	% DRI
ENERGY	64 kcal	147 kcal	7 %
FAT	2 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	1 mg	2 mg	0 %
CARBOHYDRATE	7 g	17 g	6 %
SUGARS	7 g	15 g	—
FIBER	2 g	5 g	20 %
PROTEIN	3 g	7 g	—